

# BEHAVIORAL RISK FACTORS FOR BARNES COUNTY, 1999-2004

	Barnes County 1999-2004	ND 2003 or 2004 Prevalence % (95% CI)	US 2002 or 2003 Median (Range)
<b>Activity Limitation and Quality of Life</b>			
Percentage who reported a limitation in any activities due to an impairment or health problem.	16.7 (11.6-21.9)	16.1 (14.6-17.5)	18.3 (11.2-26.4)
Percentage who reported any days in the past 30 during which pain made it hard to do usual activities.	22.0 (11.0-32.9)	20.6 (18.8-22.3)	23.2 (18.3-29.7)
Percentage who reported 14 or more days in the past 30 during which they felt sad, blue or depressed.		6.5 (5.5-7.5)	8.2 (5.3-13.9)
Percentage who reported 14 or more days in the past 30 during which they felt worried, tense or anxious.		13.1 (11.7-14.5)	14.5 (7.8-19.7)
Percentage who reported 14 or more days in the past 30 during which they did not get enough sleep or rest.	12.8 (4.8-20.7)	24.3 (22.4-26.2)	24.6 (12.8-33.2)
Percentage who reported 8 or more days in the past 30 when their physical health was not good.	9.8 (5.9-13.6)	11.1 (9.8-12.3)	12.8 (7.9-21.1)
Percentage who reported 8 or more days in the past 30 when their mental health was not good.	8.8 (5.0-12.6)	10.2 (7.0-11.4)	12.9 (7.4-18.5)
Percentage who reported 8 or more days in the past 30 when their physical or mental health keep from usual activities.	4.4 (1.9-7.0)	5.7 (4.8-6.6)	7.8 (4.9-13.7)
<b>Alcohol Use</b>			
Percentage who reported heavy drinking (>2/day for men, >1/day women).	5.5 (1.7-9.3)	5.7 4.7-6.8	5.7 (2.2-8.6)
Percentage who reported having five or more drinks on one occasion at least once in past month.	24.2 (16.2-32.2)	21.3 (19.5-23.1)	16.5 (6.6-24.2)
<b>Arthritis</b>			
Percentage who reported ever being told by a doctor that they had some form of arthritis.	29.4 (19.8-38.9)	27.5 (25.8-29.2)	27 (16.4-37.2)
Percentage who reported current (past 30 days) pain, aching or stiffness around a joint lasting longer than three months.	28.3 (18.8-37.8)	38.4 (36.5-40.4)	36.5 (21.2-47.1)
Percentage who reported being limited in any usual activities because of arthritis or joint symptoms.	9.7 (4.4-14.9)	11.4 (10.2-12.6)	13.2 (8.3-20.9)
<b>Asthma</b>			
Percentage age 18 and older who report ever having been told by a doctor, nurse or other health professional that they had asthma.	11.4 (6.8-16.1)	10.0 (8.9-11.3)	11.7 (9.2-20.7)
Percentage who reported current asthma.	6.4 (2.9-9.8)	7.0 (6.0-8.0)	7.6 (4.5-10.8)
<b>Cholesterol Awareness</b>			
Percentage who reported that they have never had their cholesterol checked.	28.5 (20.8-36.2)	24.8 (22.9-26.8)	23.1 (14.8-29.5)
Percentage who reported being told they had high cholesterol among those who ever had their cholesterol checked.	39.8 (30.9-48.7)	32.7 (30.6-34.7)	33.1 (26.9-38.2)
<b>Colorectal Cancer Screening</b>			
Percentage age 50 and older who reported that they have not had a fecal occult blood test in the past two years.	62.2 (51.8-72.6)	76.1 (73.7-78.6)	72.9 (57.2-81.5)
Percentage age 50 and older who reported that they have not a sigmoidoscopy or colonoscopy in the past five years.	52.5 (41.9-63.1)	60.1 (57.2-63.1)	57.0 (44.3-62.9)
Percentage age 50 and older who reported that they have never had a sigmoidoscopy/colonoscopy.	43.2 (32.8-53.5)	49.7 (46.8-52.7)	49 (37.8-54.1)
<b>Diabetes</b>			
Percentage who reported that they had ever been told that they had diabetes, except during pregnancy only.	4.9 (2.0-7.8)	6.2 (5.3-7.1)	7.2 (4.7-11.0)
<b>Folic Acid</b>			
Percentage of women age 18-44 who do not know that folic acid can prevent birth defects.	50.8 (35-66.6)	39.9 (35.6-44.3)	52.5 (27.1-58.5)
<b>Health Care Access</b>			
Percentage who reported no health insurance or other health care coverage.	10.5 (5.9-15.0)	11.4 (10.0-12.9)	14.5 (6.9-30.4)
Percentage who reported being unable to see a doctor due to cost one or more times during the past 12 months.	4.1 (1.5-6.7)	6.8 (5.8-7.8)	11.9 (6.3-22.4)
Percentage who reported that they did not have one person that they considered to be their personal health care provider.	28.7 (21.2-36.2)	23.6 (21.8-25.4)	19.1 (10.5-34.7)
<b>Health Status</b>			
Percentage who reported that in general their health was fair or poor.	12.4 (8.3-16.6)	13.2 (11.9-14.5)	14.9 (10.7-35)

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<b>Heart Attack and Stroke</b>			
Percentage who reported ever being told by a doctor, nurse or other health professional that they had had a heart attack or myocardial infarction.	7.4 (3.0-11.8)	4.2 (3.4-4.9)	3.9 (1.8-7.4)
Percentage who reported ever being told by a doctor, nurse or other health professional that they had angina or coronary heart disease.		4.2 (3.4-4.9)	4.4 (2.1-8.7)
Percentage who reported ever being told by a doctor, nurse or other health professional that they had had a stroke.		1.8 (1.3-2.3)	2.2 (1.2-4.1)
Percentage who report heart attack, heart disease or stroke.	9.7 (4.6-14.8)	7.3 (6.3-8.2)	7.5 (4.1-14)
<b>Hypertension Awareness</b>			
Percentage who reported being ever told by a health care professional that they had high blood pressure.	31.1 (23.1-39.1)	24.1 (22.4-25.7)	24.8 (18.8-33.6)
<b>Immunization</b>			
Percentage age 65 and older who reported that they had not had an influenza vaccine within the past 12 months.	28.5 (17.8-39.2)	27.0 (23.5-30.4)	30.1 (19.7-65.1)
Percentage age 65 and older who reported that they had never have a pneumococcal vaccine.	36.9 (25.6-48.3)	28.8 (25.2-32.4)	35.5 (27-68.4)
<b>Injury Control</b>			
Percentage who reported that they did not always use a seatbelt.	50.8 (35.0-66.5)	47.6 (45.6-49.7)	23 (7.4-47.6)
Percentage age 65 and older who reported having fallen in the past three months.		11.8 (9.4-14.3)	13.5 (8.5-19.4)
<b>Nutrition</b>			
Percentage who reported that they did not usually eat five servings of fruits and vegetables per day.	73.2 (64.4-81.9)	78.5 (76.8-80.1)	77.4 (66.1-84.6)
<b>Obese and Overweight</b>			
Percentage who are either overweight or obese based on self-reported height and weight.	70.5 (64.4-76.6)	63.0 (61.0-65.0)	60.1 (50-64.9)
Percentage who are overweight but not obese based on self-reported height and weight.	42.2 (35.7-48.7)	39.3 (37.2-41.3)	36.7 (31.9-40.7)
Percentage who are obese based on self-reported height and weight.	28.3 (22.3-34.3)	23.8 (22.0-25.5)	22.8 (16-28.4)
<b>Oral Health</b>			
Percentage who reported that they had not visited a dentist or dental clinic within the past two years.	23.2 (16.3-30.1)	18.8 (17.2-20.4)	17.1 (14.4-21.6)
Percentage who reported that they had six or more permanent teeth removed due to tooth decay or gum disease.	27.2 (20.2-34.2)	18.3 (16.8-19.8)	17.6 (10.4-33.8)
<b>Physical Activity</b>			
Percentage whose self-reported physical activity level did not meet the recommendation for moderate or vigorous physical activity.	51.1 (42.3-59.9)	51.1 (49.0-53.2)	52.8 (41.5-66.2)
Percentage who reported no leisure time physical activity.	23.1 (16.8-29.3)	23.7 (22.1-25.4)	23.1 (15-45.2)
<b>Sun Exposure</b>			
Percentage who reported having had sunburn in the past 12 months.	36.4 (27.1-45.8)	42.8 (40.7-44.8)	34.5 (12.9-51.7)
<b>Tobacco</b>			
Percentage who reported current smoke cigarette smoking some days or everyday.	20.5 (14.8-26.2)	20.5 (18.9-22.2)	22.0 (9.9-34)
Percentage of smokers who reported that during the past 12 months they had stopped smoking for one day or longer because they were trying to quit	49.6 (31.6-67.7)	51.5 (47.0-56.1)	52.7 (45.6-61.3)
Percentage of men who report current smokeless tobacco use.		5.1 (4.1-6.1)	3.8 (0.2-7.6)
<b>Women's Health</b>			
Percentage of women ages 40 and over who reported that they have not had a mammogram within the past two years.	23.6 (12.8-34.4)	23.0 (20.4-25.6)	23.8 (18.8-36.4)
Percentage of women ages 18 and older with a uterine cervix who reported that they have not had a pap smear within the past three years.	19.9 (9.9-29.9)	13.9 (11.8-16.1)	11 (4.6-22.3)
<b>Men's Health</b>			
Percentage of men ages 40 and over who reported that they have not had a PSA within the past two years.	55.5 (39.2-71.8)	50.3 (46.5-54.1)	46.9 (43.9-56)
Percentage of men ages 40 and older who reported that they have not had a digital rectal exam within the past two years.	39.5 (24.3-54.8)	44.5 (40.8-48.2)	44.8 (40.7-54.7)

